

9 HANDWASHING STEPS

1



Wet Your Hands

Remove rings or bracelets before you begin because they trap germs.

2



Apply Soap

Take hands out of the water to add quarter-sized portion soap.

3



Rub Palms Together

Create a rich lather for 5 seconds.

4



Rub Backs of Hands

Use your right palm to massage the back of your left hand. Switch hands after 3 seconds.

5



Interlace Fingers

Rub palms together. With fingers interlaced, clean the underside of your fingers by rubbing them along your knuckles.

6



Scrub Thumbs

Clasp right hand over the left thumb and rotate for 3 seconds. Repeat on the right thumb.

7



Rub Palms With Fingertips

Rotate your right-hand fingers clockwise and then counterclockwise on the left palm. Switch hands after 3 seconds.

8



Rinse

Wash soap away until the water runs clear and you no longer see suds. Turn the faucet off with elbow or paper towel.

9



Dry

Use a paper towel or hand dryer to dry your hands — not your scrubs!

Handwashing is more effective than hand sanitizer:

- When hands are visibly soiled
- After using the restroom
- Before eating
- After encountering diarrhea

If you use hand sanitizer, the CDC recommends using brands with 60-95% alcohol.

At Your Service A Hands On Guide To The

KJ Lindholm-Leary



At Your Service A Hands On Guide To The:

Embracing the Melody of Expression: An Psychological Symphony within **At Your Service A Hands On Guide To The**

In a world consumed by displays and the ceaseless chatter of fast conversation, the melodic elegance and emotional symphony created by the written word usually diminish in to the background, eclipsed by the relentless sound and disturbances that permeate our lives. However, located within the pages of **At Your Service A Hands On Guide To The** a stunning fictional treasure filled with fresh thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that fascinating masterpiece conducts readers on an emotional trip, well unraveling the hidden melodies and profound impact resonating within each cautiously constructed phrase. Within the depths of this emotional assessment, we will investigate the book is main harmonies, analyze their enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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